

Revised Dyadic Adjustment Scale
Scoring Key

Most persons have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your partner for each item on the following list.

	<u>Always Agree</u>	<u>Almost Always Agree</u>	<u>Occasionally Agree</u>	<u>Frequently Disagree</u>	<u>Almost Always Disagree</u>	<u>Always Disagree</u>
1. Religious matters	<u>5</u>	<u>4</u>	<u>3</u>	<u>2</u>	<u>1</u>	<u>0</u>
2. Demonstrations of affection	<u>5</u>	<u>4</u>	<u>3</u>	<u>2</u>	<u>1</u>	<u>0</u>
3. Making major decisions	<u>5</u>	<u>4</u>	<u>3</u>	<u>2</u>	<u>1</u>	<u>0</u>
4. Sex relations	<u>5</u>	<u>4</u>	<u>3</u>	<u>2</u>	<u>1</u>	<u>0</u>
5. Conventionality (correct or proper behavior)	<u>5</u>	<u>4</u>	<u>3</u>	<u>2</u>	<u>1</u>	<u>0</u>
6. Career decisions	<u>5</u>	<u>4</u>	<u>3</u>	<u>2</u>	<u>1</u>	<u>0</u>

	<u>All the time</u>	<u>Most of the time</u>	<u>More often than not</u>	<u>Occasionally</u>	<u>Rarely</u>	<u>Never</u>
7. How often do you discuss or have you considered divorce, separation, or terminating your relationship?	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
8. How often do you and your partner quarrel?	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
9. Do you ever regret that you married (or lived together)?	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
10. How often do you and your mate "get on each other's nerves"?	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>

	<u>Every Day</u>	<u>Almost Every Day</u>	<u>Occasionally</u>	<u>Rarely</u>	<u>Never</u>
11. Do you and your mate engage in outside interests together?	<u>4</u>	<u>3</u>	<u>2</u>	<u>1</u>	<u>0</u>

How often would you say the following events occur between you and your mate?

	<u>Never</u>	<u>Less than once a month</u>	<u>Once or twice a month</u>	<u>Once or twice a week</u>	<u>Once a day</u>	<u>More often</u>
12. Have a stimulating exchange of ideas	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
13. Work together on a project	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
14. Calmly discuss something	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>

From: Busby, D.M., Crane, D.R., Larson, J.H., & Christensen, C. (1995). A revision of the Dyadic Adjustment Scale for use with distressed and nondistressed couples: Construction hierarchy and multidimensional scales. *Journal of Marital and Family Therapy*, 21, 289-308.